

## **ABSTRACT OF THE DISCLOSURE**

3 A flip-flop bicycle pedal that utilizes both sides of the pedal such that one side  
4 correspondingly matches with a prior art road type pedal configuration known in the art as  
5 LOOK pedal and the other side correspondingly matches with another prior art mountain type  
6 pedal configuration known in the art as SPD pedal. Alternatively, a plurality of pedal adapters  
7 that utilize conventional type bicycle pedal configurations which complementary match a  
8 plurality of prior art bicycle shoe cleats known in the art as LOOK cleat, SPD cleat,  
9 SPEEDPLAY "X" cleat, SPEEDPLAY frog cleat, and BE-BOP cleat.

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Bicycle Pedal.P41